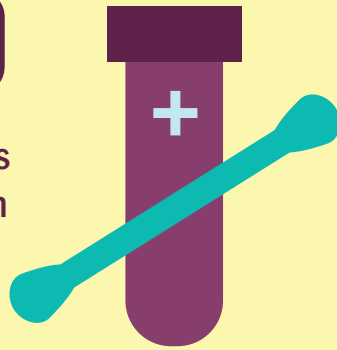


IF YOU TEST POSITIVE FOR COVID-19

With the increase in COVID-19 cases in our state, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.



CONTAIN COVID
TEST. TRACE. PROTECT.
[MICHIGAN.GOV/CONTAINCOVID](https://michigan.gov/containcovid)

DID YOU TAKE YOUR COVID-19 TEST AT HOME?

Visit [Michigan.gov/ContainCOVID](https://michigan.gov/ContainCOVID) for more information about at-home testing.

ISOLATE RIGHT AWAY.

If you get a positive test result, tell your close contacts so they know to quarantine. Isolation keeps someone who is infected with the virus away from others, even in their home.

NOTIFY YOUR CLOSE CONTACTS IMMEDIATELY SO THEY CAN START TO QUARANTINE THEMSELVES.

Close contacts: People who were within 6 feet or less for at least 15 minutes in a 24-hour period.

Contagious: starts two days before symptoms appear (or two days before test date if positive and no symptoms), through the end of the isolation period.

YOU CAN RESUME NORMAL ACTIVITIES WHEN...

It has been 10 days since symptoms began or, if you don't have symptoms, 10 days since your positive test date...

AND
You have been fever-free for 24 hours without taking fever-reducing medication...

AND
Other symptoms, like cough or shortness of breath, have improved.



CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Quarantine keeps someone who might have been exposed to the virus away from others.

If you are fully vaccinated, you don't need to quarantine, but get tested on day three, four, or five and wear a mask when around others for 14 days.

If you're not fully vaccinated, start quarantine right away. Quarantine for 14 days from your last contact with the COVID+ person and monitor yourself for symptoms. In some places, quarantine may only last 10 days. Contact your local health department for questions about the length of quarantine where you live. If you are a student you still may be able to attend school, depending on your exposure type.

If you develop symptoms, isolate and get tested right away. You can contact your doctor, visit [Michigan.gov/COVIDTest](https://michigan.gov/COVIDTest) to find a testing site, or purchase an at-home test.